

Discus throw and shot put handbook extra
I wrote two discus throw and two shot put handbooks
This is an extra for both discus throw and shot put
Written by: Jeffrey de vries Jeffrey Koelewijn from Holland

Good technique a lot of explosive power and good and fast speed equals a far throw.

Note that there is a difference between the shot put circle and the discus throw circle.

The shot put circle also has a block normally made out of wood but sometimes made out of plastic which is mostly less good.

The circle is normally made out of concrete with a metal ring but a very few rings are made out of wood.

World records:

Discus throw world records:

Outdoor: 74.08 m

Indoor : 69.51 m

Both done with the rotational style

Shot put world records:

Outdoor: 23.12 m

Indoor : 22.66 m

Both done with the rotational style

The furthest indoor glide throw is 22.24 m

The furthest outdoor glide throw is 23.06 m

Specific strength training

Squats and front squats

One third squat

Half squat

Full squat (be carefull with the knees)

Bench press

Olympic weightlifting

Hang power cleans

Hang power snatches

Jerks

Heel raises

Front yoke walk

Very good for the upper body

The bar is hold on the front not on the back

I'd advice to start with low weights

Lunges

With very low weights

Plate twists

Don't throw the plate that's another exercise

Arm holds

Hold a plate in front of the body with extended arms

Hold two dumbbells side ways at shoulder height with extended arms

Do box jumps and rocket jumps without weights

A weight vest could be worn though

Do sprint starts

Especially for the glide for a better and faster start